



The Digestive Aid Cleanse consists of a group of herbs and nutraceuticals that work synergistically for optimal digestion.

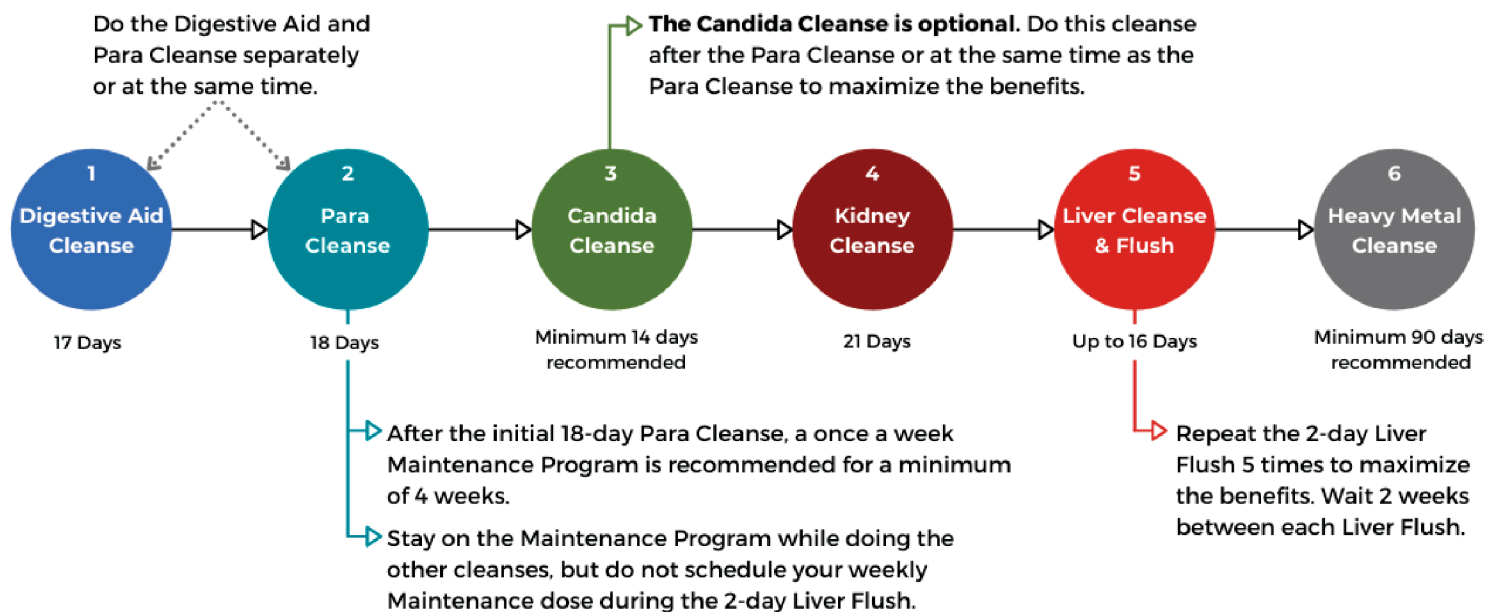
The Digestive Aid Cleanse works complementary to the Para Cleanse. Consider taking these cleanses back-to-back. Or, for even better results, take these two programs simultaneously. You will gain on two fronts at the same time; while the Para Cleanse will help to balance foreign organisms systemically throughout your body, the Digestive Aid will optimize digestion in both the stomach and intestines. If you find that taking both cleanses together is too much for you, slow down and take one cleanse at a time.

Keep the following in mind as well: it's highly advantageous to continue taking the Betaine HCL - the single most important supplement you can invest in apart from the Para Cleanse when it comes to optimal digestive function.

If you decide to follow Dr. Clark's directions herein, please keep in mind that although it is best to stay as close to the schedule as possible, if you miss a day or two you can simply pick up where you left off. If you need help, please contact us for clarification of cleanse directions, but please note that we cannot give medical advice of any sort.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.

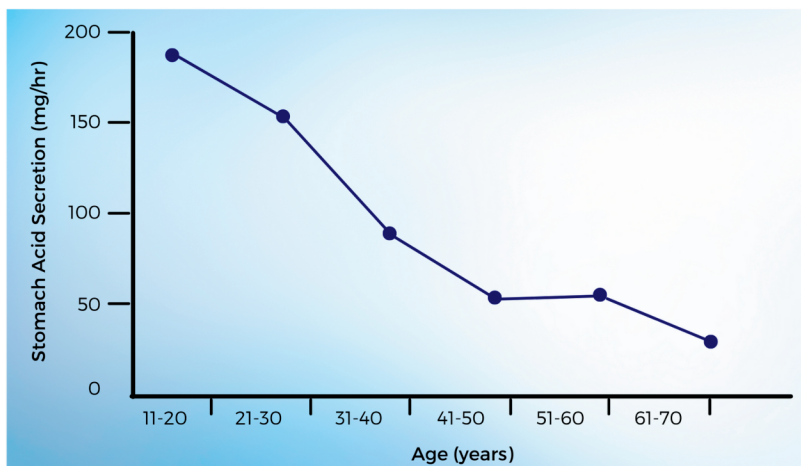


Betaine HCL supports your stomach's acid requirements for proper digestion.* Stomach acid is essential in maintaining a healthy digestive system by allowing the body to break down proteins and activate enzymes. Dr. Clark found that acids are important because they help sanitize food in the stomach before it enters the colon, thereby maintaining a balance of microorganisms and flora in the colon.* Contrary to popular belief, excess stomach acid is not the typical cause of indigestion. Often, it is a lack of stomach acid that triggers this occasional discomfort. For best results, take Digestive Enzymes with every meal for the duration of the cleanse.

Too little acid in the stomach leaves food to putrefy, causing excess gas to expand into the esophagus, producing indigestion and that feeling of heartburn. In the case of occasional heartburn, take more Betaine HCL with meals. Turmeric and Fennel support the optimal balance of good flora and microorganisms in the colon.* Cascara Sagrada should only be used when experiencing occasional constipation. Avoid products that mix this herb in formulas, as it is habit forming. For optimal results, use the Digestive Aid Cleanse simultaneously with the Para Cleanse.

Contrary to popular belief, stomach acid secretion tends to decline as we age. The graph to the right shows mean stomach acid secretion from the second decade to the eighth decade (from *Why Stomach Acid is Good for You* by J. Wright, M.D.). The human requirement for vitamins, minerals, and other nutrients remains relatively constant throughout adult life. Unfortunately, our ability to properly digest food and absorb vital nutrients declines with advancing age. Surprisingly, one of the most common age-related causes of impaired digestive function is the reduction of hydrochloric acid production in the stomach.*

Stomach Acid Decreases with Age



Many people equate the digestive system with the colon. Hence the popularity of "Colon Cleanses." The fact is that the function of the colon is closely dependent on the stomach, liver, kidneys, and pancreas.

For example, if your stomach does not produce enough hydrochloric acid (HCL), which is the most common age-related cause of impaired digestive function, your food will not be sanitized properly before entering the colon, and digestive enzyme production will not be sufficient. This results in poor colon health.

When it comes to digestive health, don't focus only on the colon – focus on the entire digestive system. Consider this: 60-80% of the body's energy is used on digestion. The remaining systems in your body (immune, respiratory, reproductive, cardiovascular, nervous, and muscular) share only 20-40% of your total energy. So guess what happens when one or more of these systems are challenged? Your body "steals" energy from the digestive system.

This is why a digestive problem is often the first clue that there may be a problem in another system. This is also why Dr. Hulda Clark always started with supporting the digestive system, no matter what the problem was.

If you put up with any of the following discomforts, you may benefit from both the Digestive Aid and Para Cleanses.

Acid Reflux	Occasional Constipation	Yeast Infections & Itching	Dry or Oily Skin
Food Cravings	Heartburn & GERD	Liver Toxicity	Headaches/Migraines
Bloating	Indigestion	Fatigue	Allergies
Gas & Flatulence	Irritable Bowel Syndrome	Weight Gain	Brain Fog
Occasional Diarrhea	Leaky Gut	Low Energy	

When the body "steals" energy from the digestive system, it can't balance the stomach acid or produce enough enzymes for a smooth operation.

Many people are unaware of this connection between the digestive system and other systems of the body. Supporting the digestive system has two main purposes: first, to improve digestion, and second to free up energy to be used elsewhere in the body. By supporting your digestive system, you are allowing your body to spend sufficient energy on all the other systems in your body.

The Digestive Aid Cleanse and Para Cleanse help with maintaining healthy bowel movements.* For best results, do both cleanses at the same time, but remember to start slowly if you are not used to potent herbal remedies. **Enhance the results by also completing the Kidney Cleanse and Liver & Gallbladder Cleanse after the Para Cleanse.**

Standard Use Chart

	TURMERIC	FENNEL SEED	BETAINE HCL	DIGESTIVE ENZYMES	CASCARA SAGRADA
DAY	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take on an empty stomach at least 13 minutes before a meal.	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take on an empty stomach at least 13 minutes before a meal.	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take with a meal. Do not take with coffee or on an empty stomach.	Take up to 3 times a day with a meal.	Take only if you are experiencing occasional constipation. Take 1 to 2 capsules at bedtime with plenty of water. Do not exceed the recommended dose.
1	1 Capsule 3 times a day	1 Capsule 3 times a day	1 Capsule 3 times a day	1 Capsule up to 3 times a day	Do not take daily for more than 7 days, as frequent or prolonged use may cause dependency.
2-17	2 Capsules 3 times a day	2 Capsules 3 times a day	2 Capsules 3 times a day	1 Capsule up to 3 times a day	

Intensive Use Chart

	TURMERIC	FENNEL SEED	BETAINE HCL	DIGESTIVE ENZYMES	CASCARA SAGRADA
DAY	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take on an empty stomach at least 13 minutes before a meal.	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take on an empty stomach at least 13 minutes before a meal.	Take 3 times a day. Divide doses into morning, afternoon, and evening. Take with a meal. Do not take with coffee or on an empty stomach.	Take up to 3 times a day with a meal.	Take only if you are experiencing occasional constipation. Take 1 to 2 capsules at bedtime with plenty of water. Do not exceed the recommended dose.
1	1 Capsule 3 times a day	1 Capsule 3 times a day	1 Capsule 3 times a day	1 Capsule up to 3 times a day	Do not take daily for more than 7 days, as frequent or prolonged use may cause dependency.
2	2 Capsules 3 times a day	2 Capsules 3 times a day	2 Capsules 3 times a day	1 Capsule up to 3 times a day	
3-7	3 Capsules 3 times a day	3 Capsules 3 times a day	3 Capsules 3 times a day	1 Capsule up to 3 times a day	
Continuing past 7 days is optional.					
8-12	3 Capsules 3 times a day	3 Capsules 3 times a day	3 Capsules 3 times a day	1 Capsule up to 3 times a day	

Betaine HCL helps raise stomach acid to optimal levels. If you experience sensitivity issues with Betaine HCL, try Hydrochloric Acid 5% drops (Item #10531-1). Hydrochloric Acid 5% sold separately. If your stomach acid levels are too high, discontinue use of acid supplements and talk to your healthcare provider.

USAGE WARNING: Consult a healthcare professional before starting this cleanse if taking medication, or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing, or below the age of 18 without consulting with a healthcare professional first. If you have adverse reactions or other symptoms, discontinue the cleanse and seek advice from a qualified healthcare professional.

***DISCLAIMER:** The statements within have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of us or our customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any health or disease related claims based on her work or otherwise. The directions are provided for educational purposes only and should not be treated as a substitute for the medical advice from your healthcare professional. The cleanses are for adults only. We do not recommend anyone under 18 years to go through the cleanses. However, the Para Cleanse may be suitable for children, but only under guidance of a healthcare professional. If you are taking any medications, you should check with your physician or pharmacist to see if there may be any interactions before consuming the cleanse products.

Digestive & Constipation Aid

If you have the Digestive & Constipation Aid protocol, follow either the Standard Use or Intensive Use chart on the previous page for Turmeric, Fennel Seed, Betaine HCL, Digestive Enzymes, and Cascara Sagrada. Follow the suggested use below for Black Walnut Hull Tincture, Magnesium Oxide, and Lugol's Iodine.

Black Walnut Hull Tincture

Take once daily on an empty stomach, at least 13 minutes before a meal.	
DAY 1	1 Drop † mixed in ½ cup of water
DAY 2	2 Drops mixed in ½ cup of water
DAY 3	3 Drops mixed in ½ cup of water
DAY 4	4 Drops mixed in ½ cup of water
DAY 5	5 Drops mixed in ½ cup of water
DAY 6	2 Teaspoons ‡ mixed in ½ cup of water
DAY 7-12	NONE
DAY 13 & onward	Continue with 2 Teaspoons ‡ once per week

† 1 drop of Black Walnut Tincture = 1 single droplet, not a dropper-full of tincture

‡ If you weigh more than 150 lb (68 kg), take 2.5 teaspoons of Black Walnut Tincture instead of 2 teaspoons.

If you are taking the Para Cleanse at the same time as the Digestive & Constipation Aid, skip this step. Do not take a double dose of Black Walnut Hull in tincture or capsule form.

Magnesium Oxide

Take 2-3 capsules a day on an empty stomach at bedtime to encourage a morning bowel movement.

Drinking hot water upon rising in the morning may also help to regulate the bowels.

Lugol's Iodine

Lugol's Iodine sanitizes the contents in the stomach to aid digestive discomfort. Did you know that low stomach acidity puts you at greater risk of getting food poisoning?

Regular Use

Adults over 18 years take ½ drop per day. Put one drop in a glass of water and drink half of it, or take as directed by a healthcare professional.

Intensive Use

Adults over 18 years take up to 12 drops in ¼ cup of water at the first sign of digestive trouble. Repeat up to 4 times per day.

Always deal immediately with food poisoning. If you let it run its course you risk having to deal with *H. pylori* bacteria later on since food poisoning leaves your stomach vulnerable to such hardy invaders that doctors, prior to the discovery of *H. pylori*, called an ulcer.

WARNING: If food poisoning persists, contact a healthcare professional or go to the Emergency Room for immediate medical attention. **Do not take Lugol's Iodine if you are allergic to iodine.**

Enemas

The following is information based on Dr. Hulda Clark's writings. This information is provided for educational purposes only. Use it only under the careful guidance and supervision of your healthcare professional.

Dr. Clark recommended that people do an enema daily for one week to maintain bowel function, alternating the varieties below. If you have none of these solutions available, use plain salt water – 1 teaspoon of salt for every quart (946 mL) of water. In the absence of salt, use plain water. Remember, you must move your bowels or cleanse at least once a day.

Each recipe below can be scaled down to make a smaller amount of solution. It is not recommended to save any leftover solution for subsequent enemas.

Lugol's Iodine Enema (Not for individuals who are allergic to iodine.)

Add 2 teaspoons of Lugol's Iodine 2% Solution to 1 quart (946 mL) of very warm water. Administer enema slowly and hold internally for as long as possible.

Enzyme Enema

Mix the powdered contents from 1 capsule of Digestive Enzymes with 1 quart (946 mL) of plain water. Administer enema slowly and hold internally for as long as possible.

Black Walnut Hull Tincture Enema

Add 1-4 teaspoons of Black Walnut Hull Tincture (Extra Strength) to 1 quart (946 mL) of very warm water. Administer enema slowly and hold internally for as long as possible.

Probiotic Enema

Mix the powdered contents from 1 or 2 capsules of probiotics (purchased separately) with 12 fluid ounces (355 mL) of lukewarm water no hotter than 100° F (38° C). Administer enema slowly and hold internally for as long as possible.

Enema Tips

Sanitation is important. Spread out a large plastic trash bag on the bathroom floor. Also have handy plastic grocery bags and a paper plate. Set a chair nearby, too.

Wipe away the lubrication grease the manufacturer has put on the end of the hose. You don't want this to enter your body. As an alternative lubricant, use olive oil or soap made from natural ingredients.

After filling the bucket with enema solution, run some through the tubing until the air is displaced and close the pinchcock. Place it on the grocery bag.

Lie on your back. Insert the applicator tube as far as you comfortably can. Then lift the bucket with one hand while opening the valve with the other. The higher you lift it, the faster the solution runs. Take as much time as you need to administer the solution. You may wish to set the bucket on the chair. Very warm liquid is easier to hold. Don't force yourself to hold all the solution. At any time, you may close the valve, withdraw the applicator, and place it on the grocery bag.

Hold the liquid internally for as long as you can. You get better with practice.

If all went well, you may risk taking the next enema on your bed. If not, stick to the bathroom floor.

NOTICE TO CONSUMERS IN CALIFORNIA

California Proposition 65 Warning

WARNING: This product contains chemicals, including lead, known to the State of California to cause cancer, and birth defects or other reproductive harm.

California has adopted the most stringent standards in the US for permissible trace levels of heavy metals in supplements. These standards only apply in California. The warning below is required by California's Proposition 65.

What is Proposition 65?

Proposition 65 was enacted by a voter ballot initiative, not the California Legislature. This law requires companies to provide clear warnings about the presence of any one of over 800 chemicals, including chemicals that occur naturally in the environment. California has a formal process for adding these chemicals to the Proposition 65 list, including reports based on animal studies. In many instances, these animal studies involve extremely high dosages of chemicals. There are many substances that require the California Proposition 65 warning at levels that are far more stringent than federal action limits. **A Proposition 65 warning does not automatically mean that the product is unsafe.** Although its intentions were good, Proposition 65 has brought about unforeseen consequences. For instance, it requires a warning on supplements - especially raw, unrefined herbal supplements.

Why is there a Proposition 65 warning for my cleanse but not on food items?

When you buy food, there are no directions on the packaging that direct you to eat a certain amount per day. This gets the food companies off the hook. Without those directions trial lawyers cannot make a case for Proposition 65 violations.

Even "chemicals" that we think of as toxic, such as elements like lead and cadmium, naturally occur in the Earth's soil and are present in everyday foods. Although lead is naturally occurring, its presence has increased in soil due to human activities. Lead is found in most organic, raw, and unrefined foods you buy. Proposition 65 requires a warning on products that expose consumers to as little as 0.5 micrograms of lead per day. This is an extremely small amount. Proposition 65 doesn't discriminate between plant-based minerals and metallic minerals, and we believe it is not a significant health concern when applied to most, if not all, supplements taken according to suggested dosages, especially if these supplements are taken for a limited period of time.

Should I be concerned about my dietary supplements?

According to the California Office of Environmental Health Hazard Assessment, which is the government agency that oversees Proposition 65, "A Proposition 65 warning does not necessarily mean a product is in violation of any product safety standards or requirements." Are your dietary supplements likely to put you at risk? **No.** Even if you follow the Dr. Clark cleanse directions you will not exceed FDA limits. That being said, you should always consider your total exposure from all sources.

FDA vs Proposition 65

Using lead as an example, in comparison to the FDA, Proposition 65 requires a warning at 0.5 mcg per day, a level significantly lower than the FDA's 12.5 mcg limit for adults (as of 2018).

How can I be assured that DR. CLARK STORE supplements are pure?

As part of our compliance with current Good Manufacturing Practice (GMP) regulations and quality assurance procedures, we regularly test all DR. CLARK STORE branded formulas for heavy metals with an ICP-MS. In addition, all DR. CLARK STORE branded supplements are tested for:

- The presence of microorganisms. Every formula must meet USP specifications to be released.
- Identity. Every raw material is tested for identity using FTIR, HPTLC and HPLC.
- Finished product potencies. Each ingredient must meet the label claim displayed on the supplement facts box.
- We also test per Dr. Hulda Clark's biofeedback methods for all the contaminants she was concerned about.

Important Points to Takeaway:

- DR. CLARK STORE formulas follow the strictest possible practices for purity - from procurement of raw materials to production of finished products.
- DR. CLARK STORE formulas meet the purity criteria of the FDA and Proposition 65 when taken per label directions.
- The Proposition 65 warning applies only to cleanses taken according to the directions.

You can learn more about California Proposition 65 at <https://oehha.ca.gov/proposition-65>